

# Old Virginia Spoon Bread

*Helen P perkins - Richmond, VA*

*Treasure Classics - National LP Gas Association - 1985*

## **Servings: 8**

*1 cup yellow corn meal  
1 1/3 teaspoons sugar  
1 1/2 teaspoons salt  
1 1/3 cups boiling water  
4 tablespoons butter  
3 eggs  
1 tablespoon baking powder  
1 1/3 cups hot milk*

## **Preparation Time: 10 minutes**

### **Bake Time: 40 minutes**

Preheat the oven to 350 degrees.

Grease a two-quart casserole dish.

In a bowl, mix the corn meal, sugar and salt. Pour the boiling water over the top, stirring constantly. Add the butter and allow to cool.

In a separate bowl, beat the eggs lightly and add in the baking powder, beating with a wire whisk to make smooth and fluffy. Add to the corn meal mixture. Add in the milk, beating with a whisk until blended well and no lumps.

Pour the batter into the prepared two-quart casserole.

Bake at 350 degrees for about 40 minutes or until brown.

Serve hot.

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Per Serving (excluding unknown items): 107 Calories; 9g Fat (74.5% calories from fat); 4g Protein; 3g Carbohydrate; 0g Dietary Fiber; 101mg Cholesterol; 688mg Sodium. Exchanges: 1/2 Lean Meat; 0 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates.